

Saving Meat for Britain

TO
BRITAIN



SAVING MEAT FOR BRITAIN
BULLETIN No. 1

Issued by
THE CANADIAN RED CROSS SOCIETY
National Headquarters 95 Wellesley Street, Toronto

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To supply the needs of the British people and the requirements of our Canadian forces overseas, the people of Canada have been asked to use less meat. In response to the general desire of Canadian housewives to meet this request, the Canadian Red Cross Society will publish a series of bulletins designed to assist in dealing with this important problem.

The recipes and suggestions given will not only save meat, but in most instances, will also save money. The saving of money is always an important consideration, and war conditions have made it more necessary in Canada than ever before.

For example, a roast of beef would take at least 2 lbs. raw meat for a family of four or five people, but a very tasty meat sauce could be made, requiring only $\frac{1}{2}$ lb. of raw meat. This can be served over a variety of other foods and will make a delicious dish at about a quarter the cost of a roasted or fried meat. Meat is used not only for nourishment but very largely because of its delightful flavour.

All diet should aim at two things—first, to provide adequate nutrition, and second, to provide human happiness and enjoyment. No one will deny that eating delicious food is one of our greatest pleasures.

The most adequate diet in the world may be supplied, but if people do not like it they will not eat it. For example, nutritionists can easily plan an adequate diet without using any meat, but such a diet is not one to which Canadians are accustomed. Therefore, meals containing even a little meat or fish, at least once a day, are more readily enjoyed by Canadians and more likely to be eaten.

Just now most people are conscious of the need for improved nutrition. They know that food will help to win the war and maintain the peace. But to improve the standard of nutrition, food must be eaten. If it is to be eaten, it must be attractive. Care and skill in the preparation of either cheap cuts or small amounts of meat can produce surprisingly attractive and satisfying results.

A great variety of meats may be used, such as beef, veal, pork, lamb, liver, heart, kidney and fowl.

It is very important for the cook to taste any dish she prepares to make sure that it is properly seasoned.

Directions and recipes are given for a few basic and special dishes, and a variety of modifications are suggested. This plan will be followed in succeeding bulletins.

Three types of meat preparations will be published in this bulletin.

Abbreviations used: C.—cup.
tb.—tablespoon.
t. —teaspoon.

TYPE 1 — MEAT SAUCES

Recipe	2	tb.	dripping	$\frac{1}{2}$	C.	chopped onion
	$\frac{1}{4}$ - $\frac{1}{2}$	lb.	minced raw meat	$1\frac{1}{2}$	C.	canned tomatoes (or juice)
	1	t.	salt	$\frac{1}{8}$	t.	pepper
	4	tb.	flour	$\frac{1}{4}$	C.	cold water

Directions: Melt fat. Add onion. Cook and brown lightly 10 minutes. Add meat. Cook 15 minutes. Add tomatoes. Cook below boiling point 30 minutes, stir occasionally. Mix flour, salt, pepper with cold water. Add to meat mixture. Stir and cook until thick.

This sauce may be served with:—

Dumplings	Macaroni
Hot tea biscuits	Spaghetti
Toast	Noodles
French toast	Rice
Wheat germ griddle cakes	Lima beans
Griddle cakes	White beans
Corn fritters	Potato cakes
	Potato scones

WHEAT GERM GRIDDLE CAKES

<i>Recipe</i>	1	egg	3	t.	baking powder
	1½	C. milk	¾	t.	salt
	½	C. wheat germ	1	tb.	melted butter
	1¼	C. flour			

Directions: Beat together egg and milk. Add wheat germ. Add to flour, sifted with baking powder and salt. Add melted butter. Beat. Cook on hot griddle. Serves 6.

POTATO SCONES

Recipe	2	C.	freshly boiled mashed potatoes	$\frac{1}{4}$	C.	flour
	1	egg		1	t.	baking powder
	2	tb.	melted fat	$\frac{3}{4}$	t.	salt
				$\frac{1}{16}$	t.	pepper

Directions: Combine potatoes, well beaten egg and melted butter. Add flour, sifted with baking powder and seasonings. Mix well, roll on floured board to $\frac{1}{2}$ inch thickness. Cut with biscuit cutter. Bake on griddle or in oven at 400° F. Serves 4 to 6.

All kinds of meat mentioned above may be used in this way or even combinations of several kinds. Any kind of liver is particularly good. Suggested combinations are liver and beef, liver and veal, pork and veal.

TYPE 2 — STEWS

It may interest many to know that the man who makes the stews in a big hotel is the aristocrat of the kitchen, and usually the highest paid cook on the range. This place of honour should be awarded the stew in the home. The reason this does not happen is that so frequently a stew is not made correctly.

There are two types of stew, light and dark (or brown). The dark stew is braised in a frying pan. Better still, if the oven is heated the meat can be browned just as is a roast. A rich brown colour is important both for flavour and for appearance of the finished product.

The light stew is made only from lamb, veal, chicken, or turkey; whereas dark stews are made from any kind of meat or poultry.

BROWN STEW

Recipe	1 lb. lean meat, cut in cubes	6 small potatoes, diced
	2 tb. fat	1½ t. salt
	1 small onion, sliced	¼ t. pepper
	½ C. diced turnip	½ C. flour
	½ C. diced carrot	1 qt. boiling water

Directions: Wipe meat, cut into 1-inch pieces. Brown meat in frying pan with fat and onion (or brown in oven). Add boiling water and transfer to kettle or stew pan. Simmer gently 1 hour. Add vegetables. Cook until tender—about ½ hour. Mix flour and seasonings to paste with cold water and stir into stew. Continue stirring until mixture thickens.

Note: Liquid should be kept up to 1 quart.

Note: In cases where it is difficult to secure enough gravy, as in making stews from previously cooked or left-over meat, vegetable stock or bone stock can be substituted. There **MUST** be an ample supply of gravy.

TYPE 3 — MEAT WITH BISCUIT OR PASTRY

Limited amounts of meat may be combined with a biscuit dough or with plain pastry. Either raw or cooked (left-over) meats may be used in such dishes. The best known of this group would be meat pie.

Any of the meats mentioned, or any kind of fowl, will prove satisfactory. The meat may be cut in cubes, or minced, and a good gravy is necessary. Vegetables are frequently added, such as carrots, onions, potatoes, turnips, celery, mushrooms.

To make sure the lower surface of a biscuit crust is well cooked, the meat preparation must be very hot before the crust is placed upon it. The dough may be cut in biscuits which are then placed upon the surface of the hot mixture.

Any of the stews as described under Type 2 can be used for a great variety of meat pies.

Other suggestions are:—

- Meat and mushroom shortcake
- Meat and onion shortcake
- Browned sausages in biscuit case
- Meat and biscuit roll
- Meat and biscuit turn-over